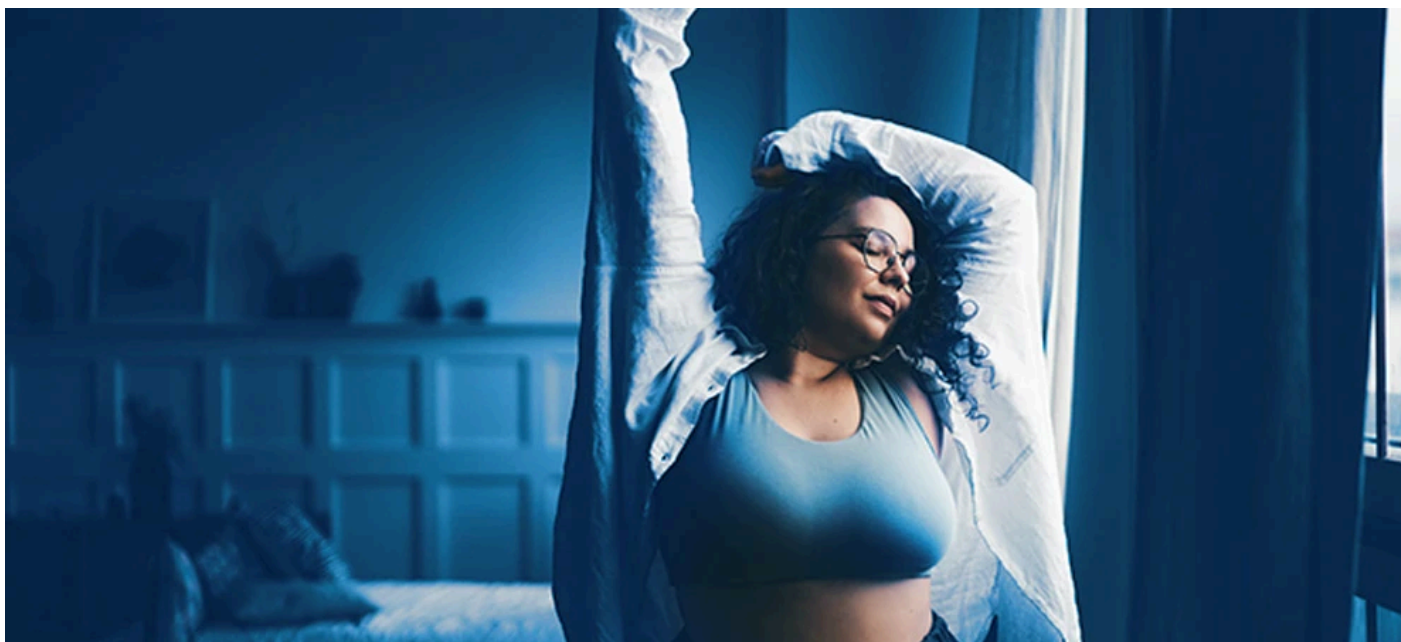




What is the difference between an antiperspirant and a deodorant?



We get this question a lot. And we mean A LOT. The stuff you put on your armpits everyday...that's deodorant, right? Well, if you look at the front of your "deodorant" of choice, chances are it says antiperspirant/deodorant on the label. Is this a two-for-one deal? The answer is YES! And the truth is—they are different things. So, what really is the difference between antiperspirant and deodorant?

*The short answer is the aluminum active ingredient**. Simply put, antiperspirants have it, and deodorants don't. That's the difference...and if that's all you wanted to know—then you have your answer. But if you'd like to learn more, let's dive a little deeper so you can find the protection that's right for you.



Secret



ANTIPERSPIRANTS HELP FIGHT SWEAT.

Did you know you're **constantly sweating**, whether you feel it or not? Catch this...aluminum salt is the active ingredient in antiperspirant, and it's the only ingredient deemed safe and effective by the FDA to help fight sweat. When you apply an antiperspirant, that salt dissolves in the sweat at the surface of your sweat glands, forming a temporary, shallow plug. That plug significantly reduces the amount of sweat leaving your sweat glands, which means you stay drier for longer. Less sweat means less bacteria can grow. Less bacteria, less odor. Thanks aluminum*!



Secret.



DEODORANTS HELP FIGHT ODOR

Deodorants don't contain an aluminum active ingredient*, so they don't fight sweat, but they do protect against odor. If you're only looking for odor protection, grab a stick or spray that is aluminum free. Some deodorants simply cover up odor...you know the ones that



WHICH ONE IS BETTER FOR ME?

Contrary to popular belief, one isn't better for you than the other.

If you don't like the feeling of underarm wetness or you sweat through clothes, then an antiperspirant may be your best bet. If sweat doesn't bother you as much, but body odor is out of the question, try an aluminum free deodorant. You could even mix it up – antiperspirant on more active days, deodorant when you're taking it slow. What's important is that you feel empowered to choose the antiperspirant or deodorant that fits your lifestyle and delivers the level of protection you need when you need it!

*Aluminum active ingredients, such as aluminum zirconium/chlorohydrate

THE HIGHLIGHTS

- Specific aluminum salts are the only FDA approved ingredients that fight sweat.
- The difference between deodorant and antiperspirant is the aluminum active ingredient.
- It's ok to switch between deodorant and antiperspirant depending on your needs.

PRODUCTS YOU SHOULD TRY

CLINICAL STRENGTH CLEAR GEL
ANTIPERSPIRANT DEODORANT

LEARN MORE

ALUMINUM FREE DEODORANT

LEARN MORE

WEIGHTLESS DRY SPRAY

ALUMINUM FREE DRY SPRAY



FREQUENTLY ASKED QUESTIONS

[View All Questions](#)

[What makes Secret a great option for
Sweat Protection?](#)

[What is the difference between an
antiperspirant and a deodorant?](#)

CONNECT WITH US

SHOP

ABOUT

DEODORANT ADVISOR

ARTICLES

CONTACT US

[Terms & Conditions](#) [Privacy Consumer Health Data Privacy Policy](#)
[Your Privacy Choices](#)

[Do Not Sell or Share My Personal Information / Opt-Out of Targeted Advertising](#)
NOTICE: We may sell your sensitive personal data.

